

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2011

Directorate for Quality and Standards in Education
Educational Assessment Unit

StudentBounty.com

FORM 5

PHYSICAL EDUCATION

TIME: 1h 30 min

Name: _____

Class: _____

SECTION A - Movement and Physical Activities [16 marks]

Answer question 1 (Skill Acquisition) and choose **THREE** questions from 2 to 9 in Section A.

Answer **ALL** parts of the chosen question.

1. SKILL ACQUISITION

a) Feedback is important in skill acquisition. Explain what is meant by intrinsic feedback.

[1]

b) Which **ONE** of the following skills best describes a closed skill?

(A) Serving to an opponent in tennis.

(B) Performing a forward roll in gymnastics.

(C) Tackling an opponent in football.

(D) Passing the ball to a team mate in basketball.

Skill_____

[1]

c) State **ONE** reason why rules are necessary in sports.

[1]

d) Officials can be amateur or professional. Mention **ONE** difference.

[1]

2. ATHLETICS

a) In a High Jump competition how many jumps are allowed at each height before disqualification?

[1]

b) Martina is a sprinter. Mention **TWO** critical elements that she needs to focus on to win the race.

- (i) _____
(ii) _____

c) The approach and the landing are two phases of the long jump. Which are the other **TWO** phases of the long jump?

[1]

- (i) _____ (ii) _____

3. BASKETBALL

a) Why is it important to stay on the balls of the feet when assuming a defensive stance in basketball?

[1]

b) When can a coach do a substitution during the game?

[1]

c) Mention **ONE** instance when a set shot is used in a basketball.

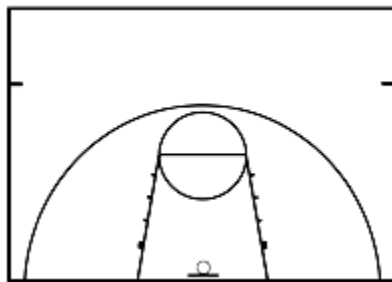
[1]

d) On the picture provided below:

[1]

(i) Mark with an **O** a position from where three points can be scored.

(ii) Mark with an **X** the free throw line.



4. DANCE

a) Which **TWO** words do **NOT** show a relationship in a dance?

Canon Mirroring Meeting Solo Leading Flow

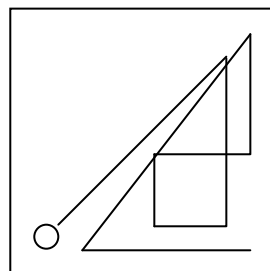
- (i) _____ (ii) _____ [1]

b) Give **ONE** advantage of using a prop in a dance.

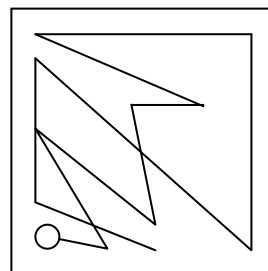
[1]

c) What can a dancer do to improve balance on one leg?

d) The diagrams below show the floor space covered of two dance routines. Give **ONE** reason why routine B is better presented than routine A.



Routine A



Routine B

[1]

5. GYMNASTICS

a) Mention **TWO** Olympic events for women in artistic gymnastics.

(i) _____ (ii) _____

[1]

b) Give **ONE** rule regarding the landing in Vaulting.

[1]

c) Jade is still arching her back when performing a handstand. Suggest **ONE** way how to correct this.

[1]

d) In gymnastics the high bar is an event which is only for men. Mention **TWO** other events practised only by men.

(i) _____ (ii) _____

[1]

6. HOCKEY

a) Mention **ONE** situation when a **centre pass** is taken.

[1]

b) Mention **TWO** critical elements of a **push pass**.

(i) _____ [1]

(ii) _____

c) Mention **ONE** situation when a substitution is not permitted. [1]

7. RHYTHMIC GYMNASTICS

a) The picture below shows a gymnast rolling the ball on her body. Suggest **TWO** practical moves which can be done with the ball.



(i) _____ [½]

(ii) _____ [½]

b) Rhythmic gymnasts include jumps and leaps in their choreography. Mention **TWO** other elements which may be included.

(i) _____ (ii) _____ [1]

c) Which part of the floor area should be covered by the gymnast during the routine?

_____ [1]

d) Power and eye-hand coordination are fitness components needed by a rhythmic gymnast. State **TWO** other components of fitness.

(i) _____ (ii) _____ [1]

8. SWIMMING

a) Give **TWO** critical elements of the backstroke.

(i) _____ [1]

(ii) _____ [1]

b) How many arm pulls and leg kicks must a breaststroke swimmer perform under water, after a start or a turn?

_____ [1]

c) Name the strokes represented in the diagrams below.

[1]



(i) _____

(ii) _____

9. VOLLEYBALL

a) Name the skills shown in the diagrams below.



(i) _____

(ii) _____

[1]

b) Name **TWO** critical elements when performing the **set pass**.

(i) _____

[1]

(ii) _____

[1]

c) State in which direction the team rotates each time it gets to serve the ball.

[1]

SECTION B – Health Related Fitness [16 marks]

Answer **ALL** questions in this section. Answer **ALL** parts of **EACH** question.

1. *Lino who turned 66 last month participates in regular walks. His friend Jeff, smokes, leads a sedentary life and rarely does any form of physical exercise. Jeff also smokes in the car while being in the company of Lino.*

a) For **EACH** component of health, give **ONE** reason why people should follow Lino's example and take up physical activity.

[3]

	Component of Health	Reason
(i)	Physical	
(ii)	Mental	
(iii)	Social	

b) Give **ONE** example of what Jeff can do to increase some form of physical activity. [1]

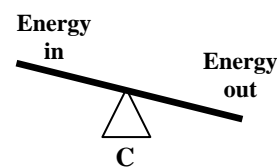
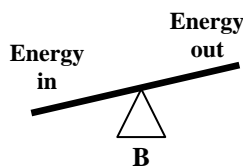
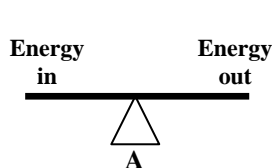
c) What do we call the situation where Lino is breathing in Jeff's tobacco smoke?

2. In the table below write down the function of the following nutrients. [3]

	Nutrient	Function
(i)	Minerals	
(ii)	Vitamins	
(iii)	Fats	

3. What is glucose converted into when it is not used immediately by the body cells? [1]

4. Which of the following scales suggest that Rita is gaining weight? [1]



Scale _____

5. The time taken for a person to respond to a stimulus, (*example; a starting signal at the beginning of a race*) can affect his/her performance. What is this time called? [1]

6. Somatotype means the basic shape of your body. Fill in the table below by writing the body type which best fits the following description. [1]

	Description	Body Type
(i)	Pear shaped with narrow shoulders and broad hips; lots of fat.	
(ii)	Broad shoulders; narrow waist; lots of muscle.	

7. a) There are **THREE** different kinds of strength. Give an example of a sport even physical activity that requires a great deal of the following kinds of strength. [1]

(i) Explosive strength.

(ii) Dynamic strength.

b) What is meant by static strength?

[1]

8. a) In weight training how can a person adjust the **Repetitions** and **Load** to improve his or her muscular endurance.

[1]

b) Suggest **TWO** other components of General Fitness which s/he must work on during training.

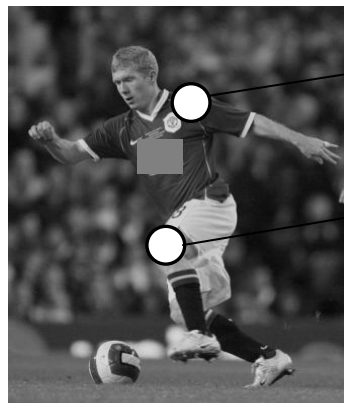
(i) _____

(ii) _____

[1]

SECTION C – Body Systems and Performance [36 marks]

1a) The player in the picture below is using different joints of the body. Name the **TWO** types of freely movable joints indicated below. [2]



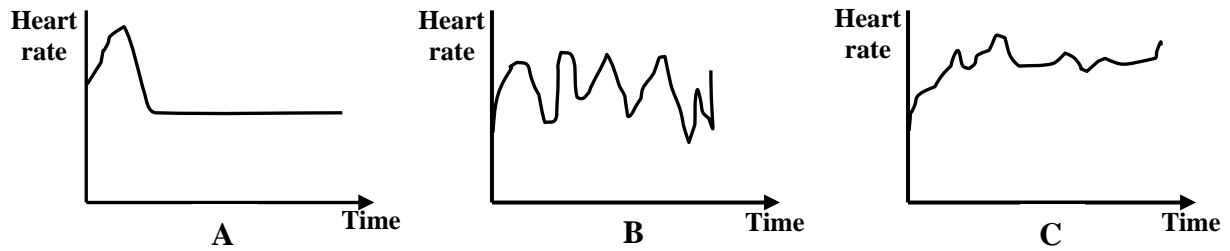
(i) _____

(ii) _____

b) What kind of movement is made by the knee when the player is preparing to hit the ball?

[1]

c) Which graph shows the heart rate activity of the football player during the match? [1]



Graph _____

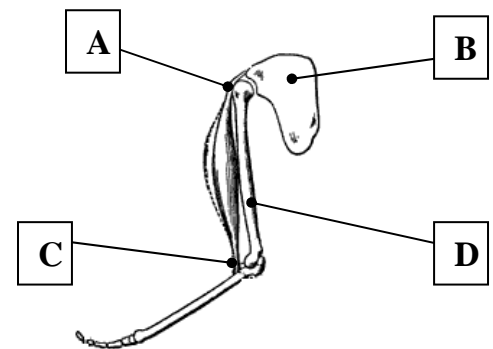
2. Look at the diagram and answer the following:

a) Give the anatomical name of the bone labelled 'B'.

b) Give the anatomical name of the bone labelled 'D'.

c) What is the name given to the point of attachment labelled 'A'?

d) What is the name given to the point of attachment labelled 'C'?



[4]

3. David is doing weight training using dumbbells. He constantly lifts or moves the weights towards and away from his chest.

a) What do we call this type of muscle contraction?

[1]

b) Name **ONE** advantage of this type of muscle contraction.

[1]

4. Refer to the table below. For each of the following situations write down whether the injuries are **externally** or **internally** caused. [2]

	Situation	Cause of injury
(i)	Grace pulled her muscle as a result of overtraining.	
(ii)	Peter fractured his leg whilst being tackled from his opponent.	
(iii)	Melissa had to retire from the tennis tournament due to a recurring elbow injury.	
(iv)	Stephen became dehydrated after playing football in severe heat.	

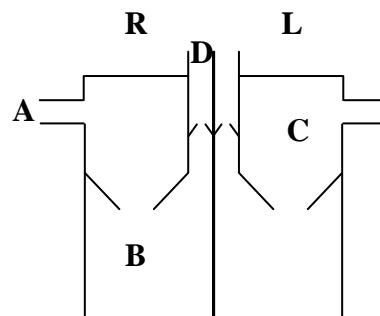
5. a) Name the parts of the heart that are labelled by the following letters: [4]

‘A’ _____

‘B’ _____

‘C’ _____

‘D’ _____



- b) Explain why the left ventricle has the thickest wall of the heart. [2]

6. The sphygmomanometer (blood pressure instrument) gives two readings when blood pressure is recorded.

- a) Which are these **TWO** readings? [1]

(i) _____ (ii) _____

- b) David had his blood pressure examined during a medical check up. The blood pressure readings were 170/100. Mention **TWO** recommendations that the doctor would suggest to David.

(i) _____ [1]

(ii) _____ [1]

7. Mention an illegal drug athletes might take:

- (i) to help reduce weight quickly _____
- (ii) to reduce heart rate and anxiety _____

8. For respiration to take place a series of air passages allow air and oxygen to be transferred to the blood stream.

a) Name **TWO** of the air passages which allow air to enter the body. [1]

- (i) _____ (ii) _____

b) Clearly state where gaseous exchange takes place. [1]

c) Explain what happens to the ribs and diaphragm during breathing in. [1]

		Breathing in
(i)	Ribs	
(ii)	Diaphragm	

d) High intensity exercise affects the respiratory system. State **TWO** immediate effects of exercise on the respiratory system.

- (i) _____ [1]

- (ii) _____ [1]

9. In the table below, state which Fitness component is assessed by the following tests. [2]

	Test	Fitness Component
(i)	Cooper test	
(ii)	The Sit up test	
(iii)	The Standing Broad Jump test	
(iv)	The Sit and Reach test	

10. Explain what is meant by muscle tone.

_____ [1]

11. Adam is training Basketball. Identify the principles of training he is using in:

- (i) Building up his exercise level gradually _____
- (ii) Training for his own particular sport _____

12. Describe **THREE** ways how you could overload your body in a cycling training programme by giving practical examples.

- (i) _____ [1]
- (ii) _____ [1]
- (iii) _____ [1]

SECTION D – Sports in Society [12 marks]

1. Give **ONE** advantage and **ONE** disadvantage of the following competitions. [3]

	Type of Competition	Advantage	Disadvantage
(i)	Ladders		
(ii)	Round Robin		
(iii)	League		

2. Sponsorship has many advantages. State an advantage for each of the following, giving a specific example in each case.

(i) The player _____ [1]

(ii) The sponsor _____ [1]

3. In the table below give **TWO** examples of indoor and outdoor facilities. [2]

Indoor facilities	Outdoor facilities

4. Mention **TWO** functions of the Kunsill Malti għall-isports Council (KMS).

- (i) _____
- (ii) _____

5. Mention **ONE** condition European countries must satisfy in order to participate in the Games of Small States of Europe (G.S.S.E.).

[1]

6. Describe, using an example, how media coverage may have a **positive** effect on the popularity of a sporting event.

[1]

7. London is the host of the 2012 Olympic Games. Explain by giving **ONE** example how this could be an advantage to London.

[1]